

## WATER EXERCISE CLASSES

### Session Dates

Aquatic Center and Outdoor: June 4-August 9

Note: No class held on Wednesday, July 4th and no morning class Tuesday, July 10, Parade Day.  
*Classes will not be made up.*

COURSE AND TIMES	DAYS	# OF CLASSES	LOCATION	FEE W/ PASS	FEE NO PASS	CODE
<b>MORNING AQUACISE</b>						
8:00-9:00 am	M,W	19	WA POOL	\$95.00	\$105.00	16458
9:00-10:00 am	T,TH	19	CFAC	\$95.00	\$105.00	16459
<b>AFTER WORK AQUACISE</b>						
6:00 – 7:00 pm	M, W	19	CFAC	\$95.00	\$105.00	16463
6:00 – 7:00 pm	T,TH	20	WA POOL	\$100.00	\$110.00	16464
<b>JOLLY JOINTS</b>						
10:00 - 10:45 am	T, TH	19	CFAC	———	\$60.00	16468

### JOLLY JOINTS

Jolly Joints is a recreational exercise program designed to accommodate the abilities of individuals with arthritis and other related challenges (each person exercises at his/her own pace). The program is taught in a group setting with activities and exercises to increase range of motion, provide social interaction, improve muscular strength, endurance and flexibility, maintain independence, manage pain, and relieve symptoms of arthritis. You do not have to know how to swim. A medical history form is required. Class will be held in the Leisure Pool at the Aquatic Center.

### AQUACISE

The unique concept of water exercise works you out aerobically, tones and strengthens muscles, and burns fat. It's good for you and is offered at a variety of times! Aquacise is excellent in promoting cardiovascular fitness while the buoyancy of the water reduces stress on your body's joints. We incorporate a variety of equipment for a FUN and challenging workout. Appropriate for swimmers or non-swimmers, male or female. Also adaptable for pregnancy with written permission from doctor. Minimum 5; Maximum 12

### WATER EXERCISE PUNCH PASS

Participation in all water exercise classes may be done on a drop-in basis provided the class is not full and minimum registrations have been met. A medical history form is required for all Exercise Punch Pass registrants. A minimum of 10 punches must be purchased at a time at a fee of \$6.50 per punch. The pass is good for 12 months from date of purchase. Individual class participation is \$7.00.